



**Central Oregon Police Chaplaincy**  
Serving the Hearts and Minds of Central Oregon's First Responders  
[www.copchaplain.com](http://www.copchaplain.com)

May 2016

# The Beat

## Happy May!

First and Foremost - It's Mother's Day on the 8<sup>th</sup>!

Recently I got to be with my Mom - Hey Mom, Happy Mother's Day - Love You.

These warmer days just bring out the I Can Do It - hold my Bible here I come! One Frog said to the other, "I'm starting a new exercise program - yesterday I did Diddly Squats!"

It is so awesome to have some warmer weather, pulling weeds,

planting flowers, got our garden in, yard's done - went Turkey Hunting, washed my cars - pulling weeds - doing my exercise - Diddly Squats - did I mention pulling weeds?

I still am working on Pacing Myself and there are ways that I know when I am not - My back hurts, my feet rebel - stretching - getting ready to enjoy - I need to discover a good pace. I can create a better pace when I prepare for the journey.

When Critical Events happen I want to have used my days off to prepare mentally, emotionally, physically and cognitively so I can pace myself.

The Sun will come out tomorrow. God wants to take care of us today and our tomorrows - Trusting Him brings Pace.

Happy Mother's Day!

You Are Loved - pj



## 2016 CENTRAL OREGON POLICE CHAPLAINCY GOLF TOURNAMENT

PRESENTED BY MOUNTAIN VIEW HEATING

SUPPORTED BY EAGLE CREST RESORT

Friday August 5, 2016 - Eagle Crest Ridge Golf Course - Redmond

Shotgun start at 8AM

Entry: \$125.00 per person/ \$500.00 per foursome.

Includes 18 holes of golf, carts range balls, snacks, on course beverages and lunch. Reserve your spot today - visit [www.copchaplain.com](http://www.copchaplain.com) for more information.



Call Andrea at 541.390.4970 for questions.

## Assisting Individual in Crisis AND Group Crisis Intervention Course

May 16-18, 2016

8:00 am to 5:00 pm each day

### Course Location:

Hermiston Police Department  
330 S 1<sup>st</sup> Street, Hermiston,  
Oregon 97838

**Cost of the Course: \$200**

**Cost Includes:** Registration,  
ICISF Materials & Certificate

This **THREE DAY** course combines the Individual Crisis Intervention & Peer Support AND Group Crisis Intervention material. **Participants must attend all three days.**

Instructors for this course will be Chaplains Jim Crowley and Mike Dismore.

**To see if there is room in the class and for information or questions contact Chaplain Mike Dismore at 541-788-3364 or [pastordiz@juno.com](mailto:pastordiz@juno.com).**



### Prayer Requests

• Marriages of our Fire, Law Enforcement and Dispatch families. Our Chaplains meet weekly with officers, firefighters and dispatchers that request our assistance and prayers for their families.

• Covering of His Grace, Wisdom and Protection on our chaplains, agencies and families.

• There are many First Responder Families facing illnesses, surgery, and other physical ailments. Keep them and their families in prayer.

### News & Events

• **COPC Chaplains Training** – First Tuesday each month from 0900-1200 hours usually at the COPC office in Bend.

• **COPC Board Meeting** – Second Thursday each month at the COPC office.

• **DCSO Corrections** – Chaplains Crowley, Dismore, Jemes, and Michalek continue to meet weekly for lunch with the Corrections Family.



### A First Responder Prayer

We pray over the emergency responders of Central Oregon. Please keep these men and women safe; give them strength when they are called to duty, responding to danger and ugliness. Lord, please give them wisdom as they continue to help others. Let your love shine through our Chaplains as we continue to care and support the people and families of our emergency services. Amen.

### COPC Chaplains

The Chaplains of Central Oregon Police Chaplaincy provide the crucial services that support the region's First Responders and the community. On an on-call basis, 24 hours a day, seven days a week, COPC Chaplains are dispatched to calls including deaths (Code 99s), death notifications, drownings, fires, homicides, hospital transports, infant and child deaths, motor vehicle accidents, search and rescue, suicides, and more.

In addition, COPC Chaplains provide confidential personal counseling and mentoring, hospital and home visits to assist in healing and provide support, critical incident stress debriefing and defusing for First Responders and the community following traumatic events. They officiate at ceremonies including funerals, weddings, celebrations, dedications, and other events. They do ride alongs and visit the First Responders at the agencies throughout Central Oregon. They also are involved in administrative duties, attending meetings, making community contacts, and fundraising.

Monthly training is offered to the COPC Chaplains, First Responders, and others; training to help Chaplains, Emergency Services Personnel and their family members maintain healthy relationships.



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